

Three Bean Salad

Makes: 6 servings

Ingredients

1 cup kidney beans, cooked (see [recipe](#))
1 cup green beans (cut, canned or cooked)
2 cups yellow wax beans (canned or cooked)
1 green pepper (diced)
2/3 cup onion (thinly sliced)
1/2 cup celery (thinly sliced)
2 garlic (cloves, whole)
1/2 cup wine vinegar
1/4 cup oil
1/4 cup sugar
1/4 teaspoon oregano
1 teaspoon salt
1/4 teaspoon pepper

Directions

1. Mix beans, vegetables and garlic cloves in a large bowl.
2. Mix vinegar, oil, and sugar in a saucepan. Heat until sugar dissolves. Cool slightly.
3. Stir seasonings into vinegar mixture. Pour over vegetables. Toss lightly. Chill overnight.
4. Remove garlic before serving.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	190	
Total Fat	9 g	14%
Protein	5 g	
Carbohydrates	22 g	7%
Dietary Fiber	5 g	20%
Saturated Fat	0.5 g	3%
Sodium	410 mg	17%